

# MENTAL HEALTH FEST ON THE OCCASSION OF WORLD MENTAL HEALTH DAY 2022



MAKE MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY

World Mental Health Day 10 October 2022

**DEPARTMENT OF PSYCHIATRY, SGRRIM&HS &  
MENTAL HEALTH NURSING, SGRR NURSING COLLEGE**

Dr. Shobit Garg  
HOD  
Dept of Psychiatry

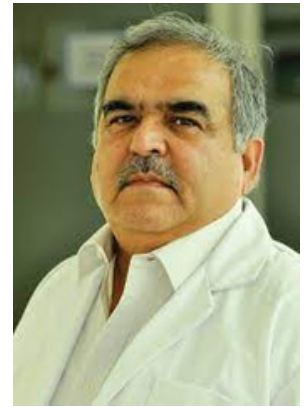
Mrs.G.Ramalakshmi  
Principal  
SGRR Nursing College

Mrs.Reena maibam  
HOD  
Dept.of MH Nursing

Dr. Yashbir Dewan  
Principal  
SGRRIM&HS

**Dr. Yashbir Dewan**  
**Guest of Honor**

**Principal,**  
**Shri Guru Ram Rai Institute of Medical**  
**& Health Sciences,**  
**Dehradun.**



**Dr. Shobit Garg**  
**Organizing Secretary**

**Professor and HOD,**  
**Department of Psychiatry,**  
**SGRRIM&HS.**



**Prof.G.Ramalakshmi**  
**Guest of Honor**

**Principal,**  
**SGRRU,**  
**College of Nursing.**



**Mrs.Reena Maibam**  
**Joint Organizing Secretary**

**Associate Professor & HOD,**  
**Department of Mental Health Nursing,**  
**SGRRU,**  
**College of Nursing.**



# PROGRAMME SCHEDULE

**10.00AM TO 10.10 AM**

Rangoli Competition

**10.00AM TO 10.10 AM**

Inauguration

**10.10AM TO 10.20 AM**

Welcome Address

**10.20 AM TO 10.30AM**

Music Performance by Students

## **PRESENTATION**

**10.30AM TO 11.00AM**

**'MENTAL HEALTH AND WELLBEING FOR ALL'**  
Dr.Mohan Dhyani (Asso. Professor)

**11.00AM TO 12.00PM**

Debate Competition

**12.00PM TO 12.10PM**

## **TEA BREAK**

**12.10PM TO 12.20PM**

Cultural Dance Performance

**12.20PM TO 12.30PM**

Mime Performance by Students

**12.30PM TO 12.50PM**

Results Announcement

**12.50PM TO 01.00PM**

Vote of Thanks

DATE: 10/10/2022

VENUE: COLLEGE AUDITORIUM, SGRRIM&HS



# DEBATE COMPETITION



TOPIC: WHERE IS MY BEST MENTAL HEALTH : 90'S OR 2K'S

## GUIDELINES TO PARTICIPATE DEBATE COMPETITION:

- MAXIMUM OF 2 STUDENTS / FACULTIES PER TEAM
- EACH PRESENTER (FOR & AGAINST) CAN TALK UPTO 2+2 MINUTES
- FIRST THREE WINNERS WILL GET EXCITING PRIZES
- PREFERRED LANGUAGE : HINDI OR ENGLISH
- OTHERS WILL GET PARTICIPATION CERTIFICATE
- BOTH STUDENTS AND FACULTY CAN PARTICIPATE THIS COMPETITION
- REGISTRATION IS MANDATORY TO PARTICIPATE IN THE DEBATE COMPETITION
- WINNERS WILL BE DECIDED BY THE CONCERNED JURY
- REGISTERED SPEAKERS WILL INVITE ON 6TH TO PSYCHIATRY DEPARTMENT

***TIME DURATION FOR EACH DEBATE 2 MINUTES***

### FOR QUERRIES:

N SRINIVASAN -78189-66209

MRS.SMITA MEHAR - 74678-45837

**LAST DATE OF REGISTRATION: 5TH OCTOBER 2022 BEFORE 5 PM**

## REGISTRATION

[https://docs.google.com/forms/d/1m\\_fl1Q243wvvXla1QtE4nlzKdjgdcN5059Gu9ejb8](https://docs.google.com/forms/d/1m_fl1Q243wvvXla1QtE4nlzKdjgdcN5059Gu9ejb8)



CLICK HERE 



# Poster Competition



## **GUIDELINES FOR THE POSTER:**

- Poster should be an original Handmade in Chart Paper.
- Each participant should submit one entry only.
- The submitted poster should illustrate and emphasize the theme of WORLD MENTAL HEALTH DAY.
- First three winners to be felicitated with prizes & Participation certificate for all.
- All posters should be prepared in either Hindi or English Language.
- Last date of Registration : 05th OCTOBER 2022. (Before 5 Pm Evening).
- Date and time of Display of Posters: 8TH OCTOBER at 10.30Am in Waiting area Registration, OPD, SMI Hospital.
- All Posters will be evaluated by Independent Jury

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## **REGISTRATION**

[https://docs.google.com/forms/d/1mMR1YS\\_Oef1p75NvC5qUTySpdJMONM5HZlcbAELOLMY/edit](https://docs.google.com/forms/d/1mMR1YS_Oef1p75NvC5qUTySpdJMONM5HZlcbAELOLMY/edit)







# SLOGAN COMPETITION



## GUIDELINES FOR SLOGAN COMPETITION:

- Slogan should not exceed two lines up to 50 words.
- Theme of Slogan is related to WMH - 2022 theme "Make Mental Health & Well-Being for All a Global Priority".
- It has to be quoted in (“); inverted commas;
- Slogans should be catchy.
- Try to keep it short.
- Slogans will be judged in accordance to these criteria's: Relevance to theme, originality & creativity.
- Slogans should be originally written by the author or else that entry will be disqualified.
- Single participant must write slogan on any one theme mentioned above.
- Slogans should be submitted in PDF format.
- Last date & Time of Registration: Before 5 Pm, 5th October 2022.

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## **REGISTRATION**

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# Rangoli Competition

## GUIDELINES FOR THE RANGOLI COMPETITION:

- Rangoli art should be of 3 ft x 3 ft.
- Theme of Rangoli is "Make Mental Health & Well-Being for All a Global Priority".
- There will be only one round of competition.
- Maximum time to complete the Rangoli is ONE HOUR 09.00 am to 10.00 am (College Auditorium, SGRIM&HS) on 10th OCTOBER 2022.
- Teams will be responsible for arrangement of the material required to prepare Rangoli. Only Rangoli colors can be used for making Rangoli.
- The participants will not be allowed to refer to any printed material etc. for preparing Rangoli.
- A group may have not more than two participants.
- Multiple entries by one person are not allowed.
- Any act of indiscipline by participants calls for cancellation of registration.
- Judging Criteria:

Overall Appearance and appeal

Details and Clarity in Rangoli art.

Color combination.

Creativity.

- Last date & Time of Registration: Before 5 Pm, 5th October 2022.



## REGISTRATION

[https://docs.google.com/forms/d/1mMR1YS\\_Oef1p75NvC5qUTySpdJMONM5HZlcbAELOLMY/edit](https://docs.google.com/forms/d/1mMR1YS_Oef1p75NvC5qUTySpdJMONM5HZlcbAELOLMY/edit)

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FOR QUERRIES: [HZlcbAELOLMY/edit](https://docs.google.com/forms/d/1mMR1YS_Oef1p75NvC5qUTySpdJMONM5HZlcbAELOLMY/edit)

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**LAST DATE OF REGISTRATION: 5TH OCTOBER 2022 BEFORE 5 PM**